

									*John drives up to Welshpool early to set up camp. *David and Annie drive to Newcastle to meet up with group. *Angela drives group to Newcastle to arrive 10am to start walk to Pound House (6-7 hours). *Angela and Annie drive on to campsite to help with the setting up. *John walks back along the trail to meet up with the group.
1	01-Sep	Newcastle		Pound House	SO 2301 9985	11.6miles	6hrs	2000ft	
2	02-Sep	Pound House	SO 2301 9985	Rhyd-esgyn	SJ 2774 1465	12.0miles	6hrs	1550ft	(Google maps)
3	03-Sep	Rhyd-esgyn	SJ 2774 1465	Nantmawr	SJ 2507 2443	9.1miles	5 hrs	900ft	Park in village
4	04-Sep	Nantmawr	SJ 2507 2443	Pentre	SJ 2890 4076	13.2miles	7 hrs	2400ft	Park in village
5	05-Sep	Pentre	SJ 2890 4076	Llyn Rhys Campsite	SJ 1975 5151	12.4miles	7 hrs	2500ft	Camp moving day. Walk into camp
6	06-Sep	Llyn Rhys Campsite	SJ 1975 5151	Bwlch Penbarra	SJ 1613 6057	8.7miles	5 hrs	1800ft	Walk from camp. Car park at Moel Famau Car Park (google maps)
7	07-Sep	Bwlch Penbarra	SJ 1613 6057	Bodfari	SJ 0981 7021	9.5miles	5 hrs	2000ft	Park in town
8	08-Sep	Bodfari	SJ 0981 7021	Prestatyn		11.7miles	6 hrs	2200ft	Park on the prom!
9	09-Sep								Strike camp and travel home
					Total Mileage	88.2miles			